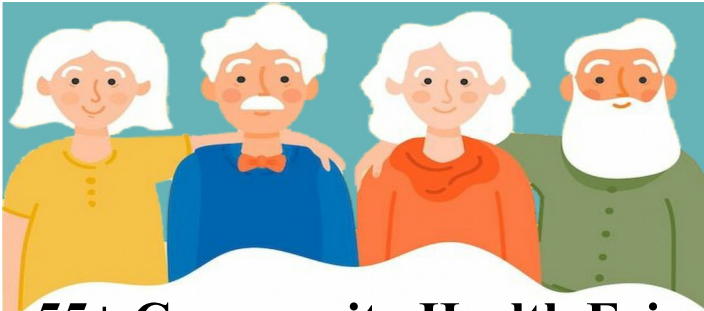




Holiday Park Hi-Lites

It is Grand to be 55+ in Montgomery County!

November 2023



55+ Community Health Fair

**SAVE THE DATE:
Saturday, 12/2, 9-1pm**

Join us for a variety of health services
and information.

More details on Page 2.

✨ ✨ ✨ *The café will be open!* ✨ ✨ ✨

Center Closed for:

**Veterans' Day, Friday 11/10
&
Thanksgiving, Thursday 11/23 &
Friday, 11/24**

Thanksgiving Social with Dale Jarrett



Join us for a relaxing afternoon of
piano music from Dale as we get into
the Fall spirit and get ready for
Thanksgiving!

Light refreshments served.

Pre-registration required.

Tuesday, 11/14, 1pm

**Registration for the Winter
session of classes will begin on
Monday, November 13th.**



Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD 20906

Phone: (240) 777-4999

www.mocorec.com

Center Hours:

Monday thru Friday 9:00 a.m. - 4:00 p.m.



Special Events & Activities

Winter Holiday Safety & Cooking Demo

Submit your favorite holiday cookie recipes to see which two recipes are judged to be the best!

Then join us on Tuesday, 12/5, for a variety of talks, including: Winter Safety with Police and Fire & Rescue; and Winter Nutrition with our Nutrition Partners.



Submit your cookie recipes by 11/15!

During the safety information session, see a demo on baking cookies and try the two winning recipes for yourself!

2024 Cardboard Boat Regatta

Get ready to race in the upcoming 2024 Cardboard Boat Regatta!



Create your teams of Seniors 55+ and Montgomery County Recreation Staff members, then get ready to design and build your cardboard boats and paddles!

The race day is March 14th, 2024 at 10am, but design and construction can start as early as January 1st!

Register your team at the Front Desk now!



55+ Community Health Fair

Saturday, 12/2, 9-1pm

Join us to speak with a variety of vendors, listen to presentations and participate in fitness demos and free health screenings, including: blood pressure checks, blood glucose checks, cholesterol checks, Hepatitis B & C screenings, HIV screenings, mental health screenings, memory screenings, and even more!



The café will be open!



Piano Club

Have fun taking turns playing and singing with others simple tunes that you know how to play. A "Piano Show and Tell", at the level of a little more than beginner, to practice and get used to playing in front of people, and to get feedback and help from other players. Intended just to have informal fun (not a class or recital) with piano friends.



Hosted by Jack Calman.

**Monthly meetings,
starting Monday,
December 4th.**

Coffee & Conversations

Coffee with a Cop

Wed., 11/1, 10:30 am



Enjoy conversation with Officer Katie Beard from the Montgomery County Police and learn more about your community and discuss safety concerns.

Winter Holiday Safety!

Save the Date: Tue., 12/5, 1pm



Join us then for our Winter Holiday Safety Talk and find out which two cookie recipes were the winners and try them for yourself!

Inclement Weather Policy

Holiday Park follows Montgomery County Schools for closures:

- If county schools are closed, all activities are cancelled including the lunch program and the center bus will not run. The Center will be open for non-instructor led activities.
- If county schools close early, the center will also close early.
- If county schools are on a delayed opening schedule, the Center opens at 10am, there will be no lunch program and the center bus will not run. Call the Center before you leave your home to make sure staff is in the building and the building is open.

Please call the main line 240-777-4999 for a recorded update of the center's operating hours and/or check your Local News for Alerts. You can also get messages by registering with AlertMontgomery: alert.montgomerycountymd.gov

Special Events & Activities

Fresh Conversations Nutrition Lectures

Join Dr. Mona Habibi from the University of Maryland for this multi-part lecture series offering practical tips and sensible solutions to everyday problems getting in the way of eating and living well!

Fat can be heart healthy -
Monday, November 27, 2:15-3:15pm

Pre-registration is required at the Front Desk or online at ActiveMontgomery.com using code **R07024-505**.

Remembering Joan Pedersen

Saturday, 12/2, 2-4pm



Join this family-sponsored celebration of life for our beloved member Joan Pedersen. We will gather to laugh, cry and celebrate a beautiful soul and a wonderful life well-lived.

Light refreshments provided.

Classes and Drop-in Activities

Please register at the Front Desk. Registration will begin on Monday, November 13th.

DANCE

BALLROOM: INTERMEDIATE

Current session will end on 12/6.

Taught by Ron & Amy and sponsored by HPSI. These classes will teach intermediate level routines. Basic knowledge required. Couples & single students welcome. **Smoth: Foxtrot & Tango.**

Rhythm: Rumba & Country 2-Step.

Smoth	Wed	1/20-3/13	2:30-3:20pm	\$45	11 wks
Rhythm	Wed	1/20-3/13	3:30-4:20pm	\$45	11 wks

CHINESE FOLK DANCING - Beginner

Taught by Chinese dancer, Ming. Combines tai chi, qigong, ballet & expressive dance movements.

Fri	Ongoing	11-11:50am	Free
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HULA INTERMED. CHOREOGRAPHY

Current session will end on 12/4.

Taught by Dawn and sponsored by HPSI. This class will focus on advancing the techniques learned in the beginner Hula course. Additional terminology will be discussed along with the use of Hula implements.

RETURNING IN THE SPRING!

INTERNATIONAL FOLK DANCING

Current session will end on 12/8.

No class 11/10, 11/24.

Taught by Sharon and sponsored by HPSI. Easy and fun dances from around the world. No previous experience is needed. No partner required.

No class on 2/16.

Fri	1/5-3/15	11-11:50am	\$40	10 wks
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LINE DANCE— PARTY FAVORITES

Current session will end on 12/7.

No class 11/23. Taught by Robin and sponsored by HPSI. Learn classic party line dances as well as the latest contemporary favorites. Join in the fun. No dance experience is needed. Great exercise.

RETURNING IN THE SPRING!

TAP DANCING (BEG.)

Taught by Denise and sponsored by HPSI. Designed for students who are completely new to tap dance or those returning for a review. A scaffold of basic tap skills is introduced at this level (such as balance, body alignment and a series of tap techniques and terms).

Wed	1/3-3/13	12-12:50 pm	\$55	11 wks
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TAP DANCING (INT.)

Taught by Denise and sponsored by HPSI. Designed for students who have taken one or more beginners tap dance workshops. A scaffold of tap skills along with intricate exercises, higher speed steps, complex combinations and rhythms will be taught in a fun atmosphere. Occasional discussion on the historical tap dance world will be covered.

Wed	1/3-3/13	1-1:50 pm	\$55	11 wks
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FITNESS & CARDIO

AS EASY AS ABC... Exercise Class

Current session will end on 12/7.

No class on 11/23. Taught by Matt and sponsored by HPSI. A variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights and mats are used. Please bring your own weights to the class.

Beg.	Thur	1/4-3/14	12-12:50pm	\$45	11 wks
Adv.	Thur	1/4-3/14	11-11:50am	\$45	11 wks

BIODANZA

Current session will end on 12/8.

No class 11/10, 11/24.

Taught by Luisa and sponsored by HPSI. Biodanza offers a set of natural and very simple movements, such as walking, accompanied by music and carried out in a group setting. It's suitable for everyone and you don't need to know how to dance.

Fri	1/12-3/15	10-10:50am	\$20	10 wks
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EASY FIT DANCING

Current session will end on 12/11 & 12/13.

Taught by Marcia and sponsored by HPSI. Aerobic style dance class designed to improve flexibility and balance, choreographed to upbeat music for fitness and fun. Please bring your own weights.

No class on 1/15, 2/19.

Mon	1/8-3/11	11-11:50am	\$25	8 wks
Wed	1/3-3/13	11-11:50am	\$35	11 wks

FITNESS EQUIPMENT ORIENTATION —INDOOR

Taught by Tony and sponsored by HPSI. Learn the basics of how to safely use the equipment in the gym. Limit 5 people per session.

Thur	1/25	11-11:50 am	\$5 each	1 time class
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

LATIN RHYTHM CARDIO FITNESS

Current session will end on 12/5 & 12/7.

No class 11/23. Taught by Tony and sponsored by HPSI. Let's have fun dancing together! This low impact but high energy class combines rhythms such as Salsa, Merengue, Bachata, and Reggaeton. The music is hot, and the moves are fun to get a great workout. **No class on 2/6, 2/8, 2/13, 2/15.**

Tue	1/2-3/12	2-2:50pm	\$40	9 wks
Thur	1/4-3/14	10-10:50am	\$40	9 wks

MEDITATION

Taught by Patrick and sponsored by HPSI. Meditation is a mainstream practice for stress reduction and concentration. **No class 11/10, 11/24.**

Fri	9/22-12/8	11-11:50am	Free	10 wks
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MOVE AND GROOVE DANCE FITNESS

Current session will end on 12/18 & 12/20.

Taught by Carla. This is a terrific class for students who want modified dance fitness. With a focus on balance, range of motion, and coordination, this low-impact dance fitness class is taught to introduce simple movements. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com**
RETURNING IN THE SPRING!

NIA DANCE FITNESS

Current session will end on 12/7.

Taught by Smita and sponsored by HPSI. NIA is a holistic cardio-dance fitness practice that combines dance arts, martial arts and healing arts (such as yoga). Students will move to joyful, uplifting and soothing music. Appropriate for all levels.
RETURNING IN THE SPRING!

SELF DEFENSE — TAE KWON DO

Taught by Larry and sponsored by HPSI. Learn self-defense through the practice of Tae Kwon Do, a Korean martial art. Develop confidence in the knowledge that you can protect your personal space. Through relaxation and self-defense techniques, increase your mental alertness, flexibility, and range of motion.

No class on 11/10 & 11/24.

Winter schedule available soon!

Fri	11/3-12/15	2-2:50pm	Free	5 wks
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SENIOR SHAPE—STABILITY BALL

Sponsored by Suburban Hospital. An exercise class that will tone and define your core muscles and help build better balance. Hand-held weights required.

Register at: <https://events.suburbanhospital.org/>

Mon	10/2-12/18	12-12:45 pm	\$40 paid to Suburban
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TAI CHI BEGINNERS

Taught by Milan. Learn the basics of this ancient, beautiful and relaxing form of exercise.

Wed	Ongoing	9:30-10:20am	Free
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TAI CHI EXERCISES

Taught by Milan. Join this relaxing form of exercises.

Tue	Ongoing	9:30-10:20am	Free
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TAI CHI SWORD

Taught by Wendy. An ancient form of exercise; designed for students with some experience. Bring a retractable sword.

Mon	Ongoing	2:30-3:25pm	Free
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YOUR BODY IS MEANT TO MOVE

Current session will end on 12/7. No class 11/23.

Taught by Sonia and sponsored by HPSI. Exercise to 60s/70s music with movements that work the muscles which strengthens the bones, with music to motivate you to relax and enjoy the exercise even more.

Thur	1/11-3/14	2-3pm	\$30	10 wks
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ZUMBA FOR ALL

Current session will end on 12/5.

Taught by Lan and sponsored by HPSI. An all-body exercise with Latin rhythms to keep you balanced and give you strength. **No class 1/15 & 2/19.**

NOW AT A NEW TIME & DAY!

Mon	1/8-3/11	9-9:50am	\$25	8 wks
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ZUMBA GOLD ADVANCED

Current session will end on 12/6.

Taught by Mitzi and sponsored by HPSI. The original dance-fitness party.

Wed	1/3-3/13	10-10:50am	\$45	11 wks
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ZUMBA GOLD TONING

Current session will end on 12/8. No class 11/24.

Taught by Mitzi and sponsored by HPSI. Incorporates Gold workout with light weight training.

Fri	1/5-3/15	10-10:50am	\$45	11 wks
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Classes and Drop-in Activities

Please register at the Front Desk. Registration will begin on Monday, November 13th.

YOGA

EVERY BODY'S YOGA

Current session will end on 12/6.

Taught by Regine and sponsored by HPSI. A yoga class to increase flexibility, give you a sense of energy and well-being while a guided relaxation activity will help promote a good night's sleep.

Wed	1/3-3/13	3-3:50pm	\$45	11 wks
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HATHA YOGA FOR ALL

Current session will end on 12/5 & 12/8.

No class on 11/10, 11/24.

Taught by Debbie and sponsored by HPSI. This class is designed to help us stay healthy as we age. It focuses on good posture, balance, core strength, bone strength, flexibility, breathing and some meditation. Please bring a yoga mat, blanket, 2 blocks, and a strap to each class. **Register for the virtual Hatha Yoga class by emailing: HolidayParkSeniors@gmail.com.**

Virtual	Tue	1/2-3/12	9-9:50am	\$45	11 wks
In Person	Fri	1/5-3/15	9-9:50am	\$45	11 wks

YOGA FOR BALANCE

Current session will end on 12/19.

Taught by Linda and sponsored by HPSI. An introduction to yoga asana poses with attention to stability and strength improvement. Please bring your own mat and other equipment.

Tue	1/2-3/12	10-10:50am	\$45	11 wks
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YOGA (CHAIR)

Current session will end on 12/19.

Taught by Linda and sponsored by HPSI. Low impact class to ward off osteoporosis, arthritis and weak muscles. Students focus on fall prevention techniques using balancing poses.

Tue	1/2-3/12	11:10-12:00pm	\$45	11 wks
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ARTS AND CRAFTS

CHINESE BRUSH PAINTING

Current session will end on 12/7. No class 11/23.

Taught by Nicki and sponsored by HPSI. Learn the basics and explore how to paint flowers, birds and small animals. **RETURNING IN THE SPRING!**

DRAWING & WATERCOLOR (Hybrid)

Current session will end on 12/19!

Taught by Steve and sponsored by HPSI. Learn the fundamentals of drawing and watercolor. This class will be a hybrid of in-person and virtual alternating every other week, starting in-person.

Tue	1/2-3/12	1-3pm	\$110	11 wks
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KNIT & CROCHET WORKSHOP

Led by Shirley and Carma. The *Holiday Park Yarn Group* makes a variety of knitted and crocheted items for charities. Drop-in.

Wed	Ongoing	10-11:30am	Free
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WATERCOLOR (In-Person)

Current session will end on 12/18

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **No class on 1/15, 2/19.**

Mon	1/8-3/11	10-12pm	\$80	8 wks
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WATERCOLOR (Virtual)

Current session will end on

Taught by Steve and sponsored by HPSI. This class is for experienced artists. Expand your knowledge of watercolor technique. **Register for the virtual watercolor class by emailing: HolidayParkSeniors@gmail.com.**

Tue	1/2-3/12	10-12pm	\$110	11 wks
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WOODCARVING

Led by Val. Experienced hobbyists offer instruction and assistance. Drop-in.

Fri	Ongoing	1-2:55pm	Free
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LANGUAGE CLASSES

EVERYDAY ENGLISH

Taught by Greg. Vocabulary and conversational English to help you get comfortable in everyday conversation.

Tue	Ongoing	10-10:55am	Free
Thur	Ongoing	10-10:55am	Free

INTRODUCTION TO FRENCH

Current session will end on 12/6.

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. For students with little to no knowledge of French. **No class 2/21.**

Wed	1/17-3/13	9-9:50pm	\$25	8 wks
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

FRENCH: BEGINNER

Current session will end on 12/6.

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. Learn and practice your French. **No class 2/21.**

Wed	1/17-3/13	10-10:50am	\$25	8 wks
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FRENCH: INTERMEDIATE

Current session will end on 12/6.

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. Learn and practice your French. Prior knowledge required. **No class 2/21.**

Wed	1/17-3/13	11-11:50am	\$25	8 wks
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FRENCH (CONVERSATION)

Current session will end on 12/6.

Taught by Gilles and sponsored by HPSI. This session will be hosted virtually on Zoom. Practice your French by holding conversations in French. Basic knowledge required. **No class 2/21.**

Wed	1/17-3/13	12-12:50am	\$25	8 wks
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SPANISH (BASIC)

Taught by Jairo, MC Recreation. Learn basic conversational skills in Spanish including greetings, introductions, everyday words, numbers and more.

If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com

DATES TO BE ANNOUNCED!

GAMES

BRIDGE FOR BEGINNERS II

Current session will end on 12/5.

Taught by Rochelle and sponsored by HPSI. Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This is intended for newcomers to the game as well as players who haven't played in years. The lessons will cover the fundamentals of modern bidding, play of the hand and some defensive principles. Each class includes interactive lecture, exercises and supervised play.

Tue	1/9-3/12	1-3pm	\$100	10 wks
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BRIDGE INTERMEDIATE II

Current session will end on 12/7. No class 11/23.

Taught by Rochelle and sponsored by HPSI. If you've been playing bridge for a year or two, then this series will enable you to hone your bridge skills at the table. It will include a quick review of the basics plus forcing and non-forcing bidding sequences, leads and signals, and some essential bidding conventions. Each class includes interactive lecture, exercises and supervised play.

Thur	1/4-3/14	1-3pm	\$110	11 wks
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BRIDGE DROP-IN

Have fun playing with other Bridge players. Partners not required. Led by a Holiday Park volunteer.

Tue	Ongoing	10-12pm	Free
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BRIDGE (Duplicate)

Allen hosts. Join our new drop-in duplicate bridge group. This is not a sanctioned game so no master points will be awarded. Just come and enjoy a good game. Partner required.

Wed	Ongoing	12:30-4pm	Free
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BRIDGE (Open Party)

Larry hosts. Partners not required. Drop-in.

Fri	Ongoing	Sign-in at 12:45pm	Free
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GAME ROOM

On our second floor. Several tables available to enjoy a good game with a friend. Open daily. Drop-in.

Daily	Ongoing	All day	Free
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MAH JONGG

Drop-in and enjoy playing with friends.

Mon	Ongoing	starts at 1:00 pm	Free
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RUMMIKUB

Elsa hosts. Drop-in and enjoy playing with friends.

Daily	Ongoing	starts at 1:00 pm	Free
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SCRABBLE

Ray hosts this drop-in game with 3-5 games at a time.

Wed	Ongoing	starts at 1:00pm	Free
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The 1:00 PM Holiday Park Daily Show – November 2023

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Improv Positivity Show with Topher

Wed. Nov. 1

Laugh and play improv games that will make you forget the stress of the outside world and enliven your mind, body and spirit. You'll learn to keep a positive outlook, adapt to change and have tons of fun.

Feldenkrais Awareness Through Movement with Alison

Thur. Nov. 2

Join us for a movement experience to let go of pain, tension and increase your mobility! The Feldenkrais Method uses gentle, sophisticated movement sequences with mindful awareness to bring easier movement and better function. The aim is more freedom in one's body and life. The movements are gentle and will be done sitting in your chair. Please wear comfortable clothing.

Dance Club Friday with The Colliders

Fri. Nov. 3

Get your dancing shoes on and ready to swing the day away! *Light refreshments served.*

Live Music with violinist Caterina Vannucci

Mon. Nov. 6

Join us to hear some of the most famous songs of the 60s, 70s and 80s, covering the whole spectrum of emotions that are experienced in everyday life.

Bingo—\$1 for 2 cards

Tue. Nov. 7

Bring your friends and join us as the numbers are called and you may just win!

The Gift of Criticism

Wed. Nov. 8

We will discuss the concept of presenting and responding to criticism so that the outcome will be mutually beneficial for all who are involved.

Led by Bill Neely of Getting Along Better.

Live Music with Chyp Davis

Thur. Nov. 9

Join us as Chyp performs for us again and get ready for another fun afternoon of dancing to Chyp's cool beats!



CENTER CLOSED

Fri. Nov. 10

Tell Us Your Story Presentation

Mon. Nov. 13

Join us to hear funny, heartfelt, engaging stories from a brave talented group of local writers who took the Tell Us Your Story class. Learn how they wrote such powerful work, based on their life experiences. You may just be inspired to write some memories of your own!

Thanksgiving Social with Dale Jarrett

Tue. Nov. 14

Join us for a relaxing afternoon of piano music from Dale as we get into the Fall spirit and get ready for Thanksgiving! *Light refreshments served.* **Pre-registration required.**

Angklung Class Demo

Wed. Nov. 15

Come watch the demo for the Angklung instrument class! The Angklung is an instrument consisting of four or more bamboo tubes suspended in a bamboo frame bound with rattan cords, that produce certain notes when the frame is shaken or tapped.

Tech Thursday with Senior Planet Montgomery: Video Chats

Thur. Nov. 16

Video chat apps are a way to connect with family, friends, coworkers, and others, no matter where you are. They let you see the people you're chatting with on the other end of the line. In this lecture, you'll find out about some commonly-used, no or low-cost video chat apps, learn about their features, and explore video chat tips.

The 1:00 PM Holiday Park Daily Show – November 2023

All programs run 1:00-2:00 pm and are **FREE** unless stated otherwise. Topics subject to change.

Dance Club Friday with Mike Surratt

Fri. Nov. 17

Mike is back this month for you to dance the afternoon away listening to his tunes.

Light refreshments served.

Sheldon Lehner presents: Make ‘Em Laugh

Mon. Nov. 20

This hour will provide lots of laughs from some of the originals of comedy in America. We will have some videos to share with you as well as good discussion about these greats.

Live Music with Mike Suser: Over the Rainbow with Harold Arlen

Tue. Nov. 21

Although the name Harold Arlen is less familiar than that of many of his contemporaries, his peers consider him one of the best. He is probably most well-known for the music he wrote for the 1939 movie *The Wizard of Oz*, including “*Somewhere Over the Rainbow*”. But he also wrote many other awesome standards that are now part of the Great American Songbook, including *That Old Black Magic*, *Stormy Weather* & *Come Rain or Come Shine*.

Movie: “Home for Harvest” (2019) - 86 mins.

Wed. Nov. 22

A travel writer is surprised to be sent back to the home town she left, heartbroken, years before. She meets a new man, and also her ex. Starring Brigitte Kingsley and Landy Cannon.

Thur. Nov. 23



CENTER CLOSED

Fri. Nov. 24

CENTER CLOSED

Movie: “The Magic of Belle Isle” (2012) - 109 mins.

Mon. Nov. 27

Monty Wildhorn, an alcoholic novelist of Westerns, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again.

Starring Morgan Freeman, Virginia Madsen and Madeline Carroll.

Nutrition Trends 2023 with Rhonda Brandes, RD, LDN

Tue. Nov. 28

As the world of nutrition evolves, so too do its trends. We will look at the top trends that have shaped our diets this past year.

Living Well with Diabetes During the Holidays with Suburban Hospital

Wed. Nov. 29

Eating healthy can be very challenging during the holiday season especially living with Diabetes. Family gatherings and social events are often centered around food and drinks this time of year. Certified Diabetes Educator, Leni Barry, MA, BSN, RN-BC, CDCES, will offer tips to enjoying the holidays while managing blood glucose levels and staying healthy.

Travel Training: Buses & Smart Trip Cards

Thur. Nov. 30

Join us to learn about On the Move Travel Training, a free service that will teach you how to use Metro buses and trains to get you where you need to go. Hadassah Lightbourne will work with you to plan and learn a route, focusing on the specific travel skills you need to get where you need to go safely and independently.

Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

SPORTS

BOCCE BALL COURT

Outside our back door. Enjoy a good match with a friend. Drop-in.

Daily	Ongoing	All day	Free
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BILLIARD/POOL ROOM

Open daily. Keep your accuracy skills on target and your attention sharp as you enjoy a game with others.

Daily	Ongoing	All day	Free
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TABLE TENNIS ROOM

Open daily. Enjoy a good match with a friend or check the list in the room to find popular times to meet up if you need a partner.

Daily	Ongoing	All day	Free
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OPEN GYM—FITNESS ROOM

Patrons are strongly encouraged to take a Fitness Room Orientation to learn how to properly use the machines. Check the schedule of Fitness Equipment Orientation for closed times.

Daily	Ongoing	9am-4pm	Free
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SHUFFLEBOARD

Play this beachy game even when the weather is cold. Enjoy a good time with other players. Drop-in.

Thur & Fri	Ongoing	2:30-3:30pm	Free
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SPECIAL INTERESTS

BEHIND THE HEADLINES

Gerald and other volunteers facilitate this drop-in discussion on current events.

Mon	Ongoing	10-11:25am	Free
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BOOK CLUB

Led by Carol & Ethylyn. Join us monthly to discuss the current month's book and relevant topics. The November book is "The Little Old Lady Who Broke All The Rules" by Catharina Ingelman-Sundberg.

Wed	11/15	3:15pm	Free
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JOURNALING CLUB

Led by Carol & Ethylyn and sponsored by HPSI. Join us monthly to work on your journal and learn how to start a journal and express your creativity and feelings. Bring your own journal.

Tue	11/14	2:15-3:45	Free
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PHOTOGRAPHY CLUB

Led by Alan. The Photo Club sponsors three galleries at Holiday Park. Exhibits change every month.

Wed	11/1 & 11/15	10-12 pm	Free
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TELL US YOUR STORY

Taught by Laura. If you've always wanted to write about the most meaningful events and people in your life, this new class series is just for you. All experience levels are welcome! You'll learn to write compelling stories through creative writing exercises, lectures and discussions. You'll build skills and confidence in writing and get to know your classmates in a lively, welcoming class.

RETURNING IN THE SPRING!

WRITING GROUP

Writing group led by Ray where you can share your written work with other peers. Drop-in.

Fri	Ongoing	10-11:25am	Free
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MUSIC

HOLIDAY PARK SINGERS

Find, restore or renew your singing voice when you join this singing group led by volunteer Michael Bloom.

Wed	Ongoing	11-12 noon	Free
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Classes and Drop-in Activities

Please register at the Front Desk. For more information call: 240-777-4999

TECHNOLOGY

EXPLORING SMARTPHONE APPS

Curious about downloading apps on your smartphone? In this 10-session series, you'll learn to make the most out of your smartphone with apps! We'll start by going over basic smartphone functions and learning to search for and download apps. From there, we'll explore useful and fun apps that are relevant to the group, such as messaging apps, entertainment apps, fitness apps, and more!

Pre-requisites: Participants should bring their smartphones to class. Please note that this series focuses on using apps on your smartphone and will not cover every smartphone question. The series includes lectures and hands-on sessions and is open to both iPhone and Android users. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com**

Mon & Wed	10/23-11/22	10-11:30am	Free
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iPAD ESSENTIALS

This 5-week course will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. **Prerequisites: A Gmail address. Participants are encouraged to bring their own device. If you do not have an iPad one will be provided for you to use during class.**

This course is best suited for people who have had some experience using the internet on any device. **If you are interested in this course, pre-register with a member of County Staff or online at ActiveMontgomery.com**

Tue & Thur	10/10-11/16	10-11:30am	Free
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SMARTPHONES ESSENTIALS — FOR KOREAN SPEAKERS

This group led by Dr. Yanghee Choi will cover the basics of using your smartphone for Korean speakers.

Tue & Thur	TBA	Sign up with Active Golden Club	Free
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PLANT ROOM NEWS

- Mulch your perennials after the first hard freeze to protect them from frost heaving caused by the freezing and thawing of the soil.
- Fallen leaves are an excellent addition to a compost pile. Do not add branches and other woody materials unless they are chopped into smaller pieces.
- Leave some dead plant stalks, branches, and leaves in a portion of your yard to provide winter shelter for pollinators, butterflies, moths, and other arthropods that are essential in the environment.
- It is not too late to plant spring-flowering bulbs. Generally, bulbs root best in the period 6 weeks or more before the ground freezes.
- Allow most the soil of your potted houseplants to dry out before watering. Wet soil causes root rot. Do not fertilize them over the winter.

Stop by the Plant Room on Tuesday and Friday mornings.

Multicultural Programs

LA ESQUINA LATINA



Cafecito y Amistad (Active Living in Spanish)

Con Elsa. Un grupo para charlar y compartir experiencias cotidianas para empezar bien la semana. Regístrese en la recepción.

Lu	Seguido	10-10:50 am	Gratis
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Charla con Arte

Tener una conversación entre amigos mientras pintas o escuchas música, las conversaciones son en Español.

Lu	Seguido	11-11:50 am	Gratis
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Conversación en Inglés (Everyday English)

Martes y Jueves de 10:00-10:55. (vea la página 5).

Ma	Seguido	10-10:55am	Gratis
Ju	Seguido	10-10:55am	Gratis

Gramática Inglesa para personas de habla Hispana

Con David. Unase a este grupo para aprender algunos trucos y consejos gramaticales para hablar bien inglés.

Lu & Mi	Seguido	10-10:50am	Gratis
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Superando los Cambios:

Grupo de Apoyo Emocional

Revisaremos las características de las relaciones sanas y cómo mantenerlas. Vengan y conozcan a nuestro nuevo terapeuta de Santé Group José Hernández.

Ma	Seguido	11-11:55 am	Gratis
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Toma de tensión arterial:

Con Gladys Para más información, comuníquese con Maria Mercedes al 240-777-4965

Lu	Seguido	10-12 pm	Gratis
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ASIAN CORNER



Active Golden Club

Join this South East Asian group and make some new friends!

Tue	Ongoing	10-2 pm	Free
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Happy Life Vietnam Seniors Group

Join for health and fitness classes and games.

Sinh hoạt hàng tuần

Cao Niên Việt Nam

Hội Cao niên người Việt vui khỏe

Họp mặt thứ 5, từ 9-2 giờ chiều

Phòng 30

Thur	Ongoing	9-2 pm	Free
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The Consignment & Gift Shop

Open Tuesdays from 9:30am to 1:30pm, and Wednesdays from 9:30am to 1pm, volunteers permitting.

Jewelry accepted on Tuesdays, and Household Goods accepted on Wednesdays. Clothing is never accepted.

INFORMATION FOR HPSI SPONSORED CLASSES

Registration is only available from **9:30 am to 3:30 pm Monday thru Friday**, when HPSI volunteers are available to take your registration.

Please have the exact amount if paying with cash. Checks are preferred and should be made out to HPSI (Holiday Park Seniors, Inc.).

To register for virtual classes, please email: HolidayParkSeniors@gmail.com



Holiday Park Seniors, Inc.

HPSI is a non-profit organization supporting programs, classes and services at Holiday Park Senior Center.

HPSI Memberships have resumed—only \$10.00 per year.

Your HPSI membership supports:

- A wide variety of free or low cost educational and entertainment programs and special events
- Scholarships for low income seniors
- Services including a medical equipment loan closet, and much more!

HPSI also operates the Holiday Park Café and the consignment Gift Shop.

Your membership is good for one year from the time you register and it allows you to vote in 2024 for the Directors of the HPSI Board!

Your membership provides you with entry into a raffle for a chance to win one of three individual gift certificates for classes sponsored by HPSI. They are worth \$100, \$75 and \$50. The raffle will be held in July 2024.

For information on classes, programs and services, check the Holiday Park newsletter.

Questions about HPSI?
Call 240-777-4689 and leave a message.

Join us

For the opportunity to meet new friends and participate in new and exciting activities!

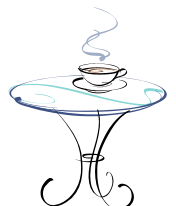


The Plant Room

*Open Tuesday & Friday from
9am to 12pm. We have an
assortment of plants for sale at
just \$1.00 each.*

The Café

*Open Monday thru Friday
from 9:30am to 1pm,
volunteers permitting.*



Health and Wellness Services

BLOOD PRESSURE SCREENING -

Mondays: 10—12 noon & Thursdays: 9—11.
There will be a Spanish speaker available for screenings from 10:30-12 noon on Mondays.



MEDICAL EQUIPMENT LOAN

CLOSET - Wheelchairs, walkers, some canes and commodes are usually available for short term loan. Fee \$5.00 for up to 3 months, except wheelchairs (\$10.00 per month with a \$50.00 refundable deposit). Check with our Reception Desk staff for availability of equipment.

SHIP – STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Call 301-255-4250 for an appointment.
This program assists with Medicare insurance claims, prescription drug plans and questions about selecting supplemental health insurance.

Senior Nutrition Program

Socialize with other participants as you enjoy a healthy meal! Lunch is served daily at noon! A voluntary contribution for the meal is requested from persons age 60 and over and spouses of any age. Persons under age 60 must pay the full amount (\$7.99). Please make your reservation one week in advance and cancel your reservation at least 24 hours in advance by calling 240-777-4961 by 10:00 am or directly with the nutrition site manager.

Please bring exact change to make your donation!!



Support Groups

COPING WITH CHANGE -

Thursdays 10:30am—11:30 am.
Led by social worker Brianna Meeks, LMSW.
Free. Individual appointments for consultations available at 11:30 am.
Call 240-758-5345 for appointments.

MAX YOU - MAXIMIZE THE QUALITY OF LIFE - Tuesdays 10:30—11:25 am.
Edie K. Mahlman, LCSW-C, facilitates a support group that confronts the challenges and options that are presented in the process of aging. Drop-in. Free.

NARFE Meetings

NARFE will be having monthly meetings here at Holiday Park!



Tuesday, November 28, 1-3pm

Blue Cross Blue Shield representative, Jennifer Malave, will be providing information about changes to Blue Cross' health plans. Also, there will be a presentation about the volunteering opportunities in Montgomery County.

Center & County Services

General Information and Policies

HOLIDAY PARK SENIOR CENTER is open to adults aged 55 and over.

HPSI SCHOLARSHIPS

Scholarships of \$200.00 per year are available for income eligible individuals. Scholarships can be used for any class or program sponsored by HPSI. Contact HPSI staff for an application.

SENIORS WITH DISABILITIES

The County complies with Americans with Disabilities Act (ADA). If you need auxiliary aids, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 240-777-6197.

SENIOR INFORMATION AND ASSISTANCE (240-777-3000)

Appointments available at HPSC with Anita Joseph. Leave a message at 240-777-1062. This program can answer questions about senior health services, transportation, provide housing information, and offers consultations with a Senior Information and Assistance Case Manager about County and other resources.



Information for YOU!

Interested in viewing or receiving the Holiday Park Newsletter? Provide your email at the Front Desk. Once you do that you will be receiving the newsletter directly into your mailbox. How easy is that!!

You can also view it online: Go to mcorec.com, then under the Facilities tab, go to the Senior Centers page. Find the Holiday Park banner, which is in the middle of the page. Click on it. You will find the Newsletter tab on the right hand side of your screen! There you go! Another easy way, just a click away.

We also have limited copies at the Front Desk of Holiday Park. And, you can view a copy displayed under the screen in the lobby, across from the Front Desk, that is always on display!

We have made many options available. We hope you find the one that is best suited for you!

Transportation Options For Older Adults

JCA Curb-to-curb transportation

Transportation is available Monday-Friday to the Center. Please call 240-777-4961 for reservations, and leave your name and telephone number. Our staff will return your call. *Leisure World residents*, please call Evelyn at 301-255-4214.

Senior Connection

Provides transportation services to seniors 60 and over using volunteer drivers who escort passengers primarily to medical appointments. Call 301-962-0820.

Connect-A-Ride

A free information and referral program that helps adults age 50 or older and disabled adults of all ages find transportation for travel to medical services, grocery shopping, errands and social activities. Call 301-738-3252 or 301-881-5263 (TTY).



Look What is Coming in December 2023...
A sampling of Holiday Park 1:00 pm Programs

**Holiday Park
Senior Center
Directory:**

Dolors Ustrell,
Center Director

Marco D'Ottavi
Assistant Center Director

Staff:

Younna Badr
Arthur Clemmer
Maria Mercedes Diaz
Jairo Gomez
Kamarr Louissaint
Tyler Mungo
Ashley Ramos
William Song
Corinne Verard-Eppley
India Wilson

**Holiday Park Seniors,
Inc. (HPSI)**

Judy Houseknecht,
Administrator

Merle Biggin,
Treasurer

Board Members:
Joyce Dubow
Carol Mamon
Janet McDonald
Steven Schrier

- Dec.1, F. End of Year Party with DJ Tyzer
- Dec.4, M. Oil Therapy with Adrienne
Dec.5, T. Winter Holiday Cooking Safety Demo
Dec.6, W. Baseball Hat Decoration
Dec.7, Th. Pearl Harbor Remembrance Day with Gerald Schneider, Ph.D.
Dec.8, F. Dance Club Friday with Mike Surratt
- Dec.11, M. Art Lecture with Joan Hart
Dec.12, T. Sheldon Lehner presents: Tony Curtis
Dec.13, W. Holiday Social with Tim Amann
Dec.14, Th. Folk Singing with Michael Bloom
Dec.15, F. Dance Club Friday with Gary Brown
- Dec.18, M. Nutrition Lecture with Rhonda Brandes
Dec.19, T. Health Lecture with Suburban Hospital
Dec.20, W. Mike Suser
Dec.21, Th. Live Music with violinist Caterina Vannucci
Dec.22, F. Dance Club Friday with Night & Day
- Dec.25, M. CENTER CLOSED
Dec.26, T. CENTER CLOSED
Dec.27, W. CENTER CLOSED
Dec.28, Th. CENTER CLOSED
Dec.29, F. CENTER CLOSED

**NOTE: Please be advised that programs are subject to change. Check the daily schedule near the front door for the most current information.*

Follow us on Facebook @HolidayParkSeniors

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Two Cards Make Holiday Park Count

HPSI MEMBERSHIP

Membership has resumed. This \$10.00 a year Card allows you to be entered in a raffle for various prizes. Sign-up at our Reception Desk. All proceeds go to Holiday Park Seniors, Inc., a non-profit agency that supports programs and classes at HPSC. Available to persons 55 and over.

THE REC CARD

Have you requested your card yet? We just updated our system so we need your information! This free card lets Montgomery County's Recreation Department keep track of our facility use and supports both program and staff budget requests **This card is FREE.** Sign-up at the reception desk.